Rideau Bakery has a new line of Winterlude cookies on offer.

Carnivals and cookies: Winter pleasures arrive in Sandy Hill — snow or no snow!

On December 18, 2015, the Anglican Diocese of Ottawa sold All Saints church to a corporation now named All Saints Developments Inc., of which Goulburn Ave. resident Leanne Moussa (above left) is the principal.

Buying the church

Neighbourhood landmark sold for community use

Ralph Blaine

Y ou’ve probably seen the “For Sale” sign. In fact, as this is being written the sign is still up in front of beautiful All Saints Church on Laurier Avenue. Maybe you’ve toyed with the idea of buying it yourself. What would anyone do with a... church? Unless you were the leader of a growing cult of neo-druids looking for a handsome pile of stones close to downtown, it’s hard to imagine. Well, at least that’s how I saw it.

Clearly, I don’t have the nerve or vision for such a commitment, but Leanne Moussa does and she has already shown an ability to wield imagination, vision and community support into successfully re-purposing the unique architectural assets of our neighbourhood. Indeed, walking through the magnificent spaces of the church she enthusiastically conjures up visions of celebratory wedding parties, art exhibits, a restaurant and the rejuvenation of Laurier Avenue as the incarnation of an important part of Canadian history.

She will make a believer of you!

This was not a spur-of-the-moment decision for Leanne. About two years ago she was one of the driving forces behind the purchase of The Carriage House (43 Blackburn) which is now the lovely home of the Bettye Hyde Early Learning Centre. It was the move of Bettye Hyde from her long-time location at All Saints that planted the seed. As it became clear that the church itself would have to be sold, she and others (Diane Whelan and Susan Young) formed the group Save the Saints which began to plan ways to maintain the presence of the church as a vibrant urban space. And then, on December 18, 2015 All Saints Church was sold to Mayet Stra-tegic Consulting Inc. (renamed All Saints Developments Inc., of which Ms. Moussa is the principal) for $1.52 million. But any resident of Sandy Hill can get involved for whatever the church as a vibrant urban space.

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If the project is to succeed it must generate income and there are several short- to medium-term prospects. The popular dance lessons by SiempreTango (www.siempretango.ca) will continue in Bate Hall and Steffi Reitzlaff, owner of Soul Moves (www.steffireitzlaff.com/soul-moves.html) has started offering yoga and Nia (see article on p. 16) throughout the week in the same location. Kathleen Rooney will continue to offer music therapy and sensory integration (www.kathleenrooney.ca) and she hopes her presence will attract other practitioners offering services for children with special needs such as autism.

At this time the offices of the church are being soundproofed and spruced up. The hope is to rent this space, preferably to NGOs. Eventually they aim to establish an NGO Hub. The Ethiopian Church will continue to worship at All Saints and multi-faith worship would also be welcome. Talks are ongoing with Mus-lim, Jewish and Christian congregations.

Opportunities will also be available for multi-faith activities and programming (e.g. a multi-faith book club). Unfortunately, TAN coffee house, which had been considering its options, has decided not to reopen in the church. But there will be a café. Leanne has decided to serve coffee and tea from 9:00 a.m. to 5:00 p.m. in The Guild Room (entrance off the play-ground). In addition to all these activities, Bate Hall can be booked for parties, wed-dings and community events on Friday and Saturday nights at a cost of $499 per evening. By May of this year the church itself and the Lower Hall should also be operating as rental facilities for performances, concerts, speakers, etc. Much work remains to be done, but it is easy to see that the unique and often stunningly beau-tiful spaces within the building will be a big draw.

To make this project profitable, however, will require a more ambitious long-term vision and this vision is still in the early planning stages. Whatever finally jells will have to involve the development of the playground area and the land currently occupied by Bate Hall. At the moment, Ms. Moussa envisages a mixed usage development of this land and perhaps a restaurant in the Lower Hall. To fund this development she intends to bring in addi-tional investors to the project and hopes many of them will be individual members of the community as was done with the Carriage House. In fact several particip-ants in that project are already on board and others have expressed interest. She hopes that about 50% of the value of the project will be owned by local residents.

Each voting unit (500 shares) is valued at $50,000. Leanne says she learned from the Carriage House experience how important it is to have a vision but also how essential it is to be prepared for the inev-itable bumps in the road and to maintain the flexibility to shift the vision when circumstances dictate. Looks like she and her investors are in for an exciting time as they work their way towards a profitable project and the preservation of a beautiful historic landmark here in Sandy Hill.

Adàwe, notre nouvelle passe- relle symbo-

Bianca Bertrand

One of the Bettye Hyde Early Learning Centre’s most important features will be the beautiful spaces within the building which will be a big draw.

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IMAGE welcomes articles, letters, photographs, notices and other material of interest to its readers in the Sandy Hill community. Name and telephone number of contributor must be included.

If you’d like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please call and leave your name and number at 613-237-8889. No age restrictions.

IMAGE reserves the right to edit in whole or in part all such contributions.

Tel: 613-237-8889
E-mail: image22@rogers.com
Website: imagesandyhill.org
Editor: Jane Waterston
Rédactrice de langue française : Jane Waterston
Advertising: Peter Rinfret, Jane Waterston
Betsy Mann

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Courriel : image22@rogers.com
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From Ken Clavette’s Album of Bygone Sandy Hill

Two of Sandy Hill’s lost churches as they were in March 1904. The second Saint Joseph’s Church seen here was built in 1892 and burnt down in 1930. The first was built in 1857 and demolished to build the one in the photo. The steeple of the Sacré Coeur Church can be seen in the distance. It was built in 1889 to serve the French-speaking Catholic parishioners of the community. That church was destroyed by fire a few years after the photo was taken in 1907. It was rebuilt later and burnt again in 1979.

Saint Joseph’s & Sacré-Coeur churches photo By William James Topley March 1904 PA-008992

Some places on the planet need to be seen

Ron Hodgson’s article last issue mentioned his amazing trip to the Arctic last year. I am a polar travel specialist, inviting you to discover travel to the Arctic on February 16, and to Antarctica on February 23, at a presentation at the Nectar Community Centre, 255 MacKay Street, at 7 pm.

Carole Gobeil – Travel Consultant
Adventure, Exotic and Polar travel specialist
340 Gladstone Ave, Suite 302 (in Rama Lotus Yoga Center)
Ottawa, ON Canada K2P 0Y8
Tel. 613-795-2824 or 1 800 298 6607 x 204
carole@carolegobeil.ca
www.carolegobeil.ca
These are free presentations but do require an RSVP due to space.

If you wish to come or find out more, please contact me at 613 795 2824 or carole@farhorizons.ca www.carolegobeil.ca

Carole Gobeil

Deadline
Reserve advertising space or let us know you have a letter, photo and/or article by
March 14, 2016
(target delivery April 1)

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Date de tombée
Publicité, articles, photos et autres soumissions
le 14 mars 2016
(livraison prévue le 1 avril)

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In Calgary, they do some things better

In the three years I have been volunteering with Action Sandy Hill (ASH), I have heard many long-time volunteers talk enthusiastically about how the City of Ottawa used to be; how the City used to run genuine community consultation; how the City used to work for its residents, not against them. While I don’t have firsthand experience of this, my time volunteering with ASH has shown me that something countless hours to making our communities better places to live are far too often summarily dismissed as “NIMBY.” So, if this is the case, what can we do to fix it?

I find myself looking to other cities for an example of a system that works well and Calgary seems to offer such a model. Calgary and Ottawa are similarly sized cities, both having a metro area a little over 5,000 km², with a population a little over 1.2 million. But when it comes to community support and involvement, they couldn’t be more different.

Calgary has more than 150 active community associations, all of which (along with roughly 50 other organizations) are part of the Federation of Calgary Community Associations, an organization that receives more than $500,000 in government funding each year, not to mention the funds received. The FCA and our community associations, which could be promoted by supporting the FCC’s annual budget of about $1.3 million. The financial support and inclusion in the process in Calgary result in organizations that are seen as far more professional, with some dedicated support staff, and therefore what seems a more legitimate voice in decision-making.

In Ottawa, the grass-roots movement has begun. We have the Federation of Citizens Associations of Ottawa (FCA) and its roughly 40 member organizations, including ASH. But the FCA and our local community associations are all struggling to find volunteers, we seem to get little respect from City Hall, and we certainly receive little or no financial support. The FCA’s entire operating budget is less than $2,000 a year, compared to the FCA’s annual budget of about $1.3 million. The financial support and inclusion in the process in Calgary result in organizations that are seen as far more professional, with some dedicated support staff, and therefore what seems a more legitimate voice in decision-making.

Our City Council has established seven priorities for this term of Council. They include: 1) governance, planning and decision-making, 2) healthy and caring communities, and 3) service excellence—all of which could be promoted by supporting the FCC and our community associations, and through true community engagement and consultation.

It’s time for all of us to put pressure on the City of Ottawa to foster a system of community support and engagement more akin to Ottawa’s. By contrast, in Calgary bylaw enforcement, with the exception of the development permit application process also reveals that Calgary includes consultation with community associations as an integral part of this process. Early on, they send community associations affected by a proposed development a questionnaire that includes questions about site and building design and how to make the proposed development more compatible with and beneficial to the community. This questionnaire also asks whether or not the developer has discussed their proposal with the community association.

In Calgary, the FCA and its 200 member organizations, which are all struggling to find volunteers, we seem to get little respect from City Hall, and we certainly receive little or no financial support. The FCA’s entire operating budget is less than $2,000 a year, compared to the FCA’s annual budget of about $1.3 million. The financial support and inclusion in the process in Calgary result in organizations that are seen as far more professional, with some dedicated support staff, and therefore what seems a more legitimate voice in decision-making.

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It’s time for all of us to put pressure on the City of Ottawa to foster a system of community support and engagement more akin to the Calgary example. The City could easily do this by building true community consultation into all its processes and by never relenting when it comes to transparency and inclusivity.

Chad Rollins
Cobourg St.
Chad Rollins is President of the community association. Action Sandy Hill.

Madeleine Meilleur
MPP/deputée. Ottawa-Vanier
237, chemin Montréal Road
mmeilleurmpp.com@liberal.ola.org
www.madeleine.meilleur.ompp.ca
T: 613-744-4484

There is nothing more valuable to families than time together.

Il n’y a rien de plus important pour les familles que de passer du temps ensemble.

Ce 15 février, jour de la Famille, fêtez cette journée spéciale avec vos proches.

The winter that came up roses

This photo of the Austin rose, “Hermagis” was taken on December 19 right here in Sandy Hill.

Olga Szakabarnicki
Besserer St.

Guest Editorial

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Garbage still up front

Ralph Blaine

I n the December issue of IMAGE I re-
ported that a bylaw complaint about
garbage being stored in the front yard of
a building on Stewart Street had been
closed, without resolution, by the bylaw
officer who had been charged with the
investigation. The complaint was re-filed
and a new officer was put on the case.
There have been some encouraging de-
velopments to report since these events.
The new bylaw officer is Derek Petch,
and wanted to discuss ways to address
the problem. I was impressed. He seemed
reasonably determined to find a solution to
this and related problems in the neighbour-
hood, and he agreed that there was no good
reason for undue delays in moving forward
on such cases. In fact, he stated quite ex-
plicitly that if landlords failed to respond to
warnings, bylaw officers should immedi-
ately move forward with further sanctions.
We should have a good chance to gauge
progress on this front as at least three more
complaints will be filed in February.

Shortly thereafter the following email
from Mr. Petch arrived: “Good morning.
On Friday I filed charges against the owner
of the property for failing to comply with
the Order regarding the garbage storage.
The first appearance on this matter will be
February 18.”

So the city is moving forward and Mr.
Fleury seems ready to act. Yes, the garbage
is still in front of this property as this story
is being written and I’m sure many people
who have tried to deal with this problem
in the past are discouraged, but I do think
there is room to hope that, given some
time, the bylaw people in conjunction with
our Councillor can manage to clear up this
blight on our neighbourhood.

On January 24, garbage was still being stored in front of the Stewart St. property that was subject to our writer’s original complaint. Who needs flowers?

Truck tunnel feasibility study results expected soon

John Verbaas

Y ou may have seen the recent article in
the Ottawa Citizen in which Mathieu Fleury was interviewed
about the impending release of a feasibil-
it study for a downtown tunnel linking Highways 417 to the Macdonald-Cartier Bridge as a possible solution to the down-
town interprovincial truck problem.

Every day approximately 2,600 trucks
transit the corridor from the Macdonald-
Cartier Bridge to Highway 417, known as
KERWN [King Edward/Rideau/Waller/
Nicholas]. About two-thirds of these ve-
hicles are tractor trailers. During the peak
mid-morning and mid-afternoon periods,
a truck goes by every 20 seconds. In ad-
dition, 20,000 cars per day pass through
KERWN headed for Highway 417.

A lounge who has stood at the corner of
Rideau and King Edward or Waller will
know what these statistics mean in terms
of degradation of city life. Since the Mac-
donald-Cartier Bridge was built in 1965,
some people have been killed and oth-
ers injured due to truck and other traffic on
KERWN. Both of these intersections reg-
ularly figure in the City’s top 10 intersec-
tions for collisions involving pedestrians.

Tunnel study began in 2013

The current Tunnel Feasibility Study was
initiated in late 2013 as a joint initiative of
the City of Ottawa and the Province of On-
tario following the collapse of the 2007-
2013 NCC-led Interprovincial Crossings
(i.e. bridge) Study. This occurred shortly
after that study recommended building a
new 1.185-lane bridge in the east end of
the National Capital Region on the Avia-
tion Parkway/Kettle Island/Montée Puie-
ment corridor.

That proposed Kettle Island bridge
was not the first attempt to find a solution to
the downtown truck problem. Other proposals
that have come and gone over the past 50
years include bulldozing an expressway
through Lowertown and Sandy Hill (simi-
lar to what exists today on the Gatineau
close of the Macdonald-Cartier Bridge) and
extending the Vanier Parkway across the
Rideau to the Macdonald-Cartier Bridge as
a new designated truck route.

Each of these proposals eventually found
their demise in public opposition with the
result that the presence of 2600 heavy
trucks per day transiting the downtown
of our Capital remains unresolved.

Tunnel would be under Sandy Hill and
Lowertown

To be clear, the current tunnel study is not
for a new tunnel under the Ottawa River.
It is evaluating several different possible
routings under Sandy Hill and Lowertown
intended to divert interprovincial traffic
(particularly the trucks), moving between
Highway 417 and the Macdonald-Cartier
Bridge, from downtown surface streets.
Such a tunnel solution has the potential to
avoid the type of community opposition
that has undermined all of the earlier pro-
posals.

Elected representatives at all three levels
of government, including our Council-
lor Mathieu Fleury, Mayor Watson, MMP
Madeleine Meilleur, and MP Mauril Bel-
langer have all expressed support for this
concept should the study indicate it is tec-
ically feasible.

Of course technical feasibility remains
the key question as well as whether it can
be done at a practical cost. (So far Ot-
tawa’s experience with tunnelling down-
town seems to be positive with the $600
million, 2.5km long LRT tunnel on time
and on budget). Preliminary answers to the
feasibility and cost questions are what we
can expect to see soon, probably before the
next issue of IMAGE goes to press.

Look for the study results to hit the media
around the March 2016 timeframe with a
subsequent public consultation steps at
Transportation Committee and City Hall.

Perhaps with a positive result from the
study and with both provincial and federal
governments indicating a commitment
to move forward with infrastructure funding
a successful proposal can be put together
that will finally lead to a solution to the
interprovincial truck problem that plagues
our downtown communities.

If you are interested in more information,
a group of concerned citizens have put to-
gether a website with further background
and details at www.ssd-ottawa.ca.
Newsbites

More LRT construction impacts

The City has plans for the next stage of bus detours as a result of LRT construction, to go into effect on April 24. The Transitway will be closed between Laurier and Lees stations, and buses re-routed to Nicholas Street, so transit riders will no longer have access to Campus Station. OC Transpo proposes routes 95 and 98 and should be re-routed along Laurier and King Edward (with routes 5, 16, and 85 already using this route) for users of Campus station. This will bring the number of buses present on Laurier and King Edward avenues during rush hours up to 20-30 per hour (per direction). In order to minimize the delay to these buses, some modifications to traffic flow will be implemented at the King Edward/Laurier intersection and remain in effect for two years, until the expected start up of the Light Rail system in 2018.

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Fitness training equipment coming to Strathcona Park?

Over the past few years--a majority of the residents consulted--have asked Councilor Mathieu Fleury’s office for fitness equipment in the area of the Adàwe Crossing and Strathcona Park, so they are considering installing a fitness pad in the park or on the east side of the bridge. Action Sandy Hill is consulting residents about the request, to let them know what you think, please fill out the simple survey at www.surveymonkey.com/r/JFPH3LJ.

211 Lees reopens

Ottawa Community Housing’s new 3-storey building at 211 Lees Avenue opened January 30. It has 16 units built on existing concrete foundations from the previous building on the site (which had 14 units). The new building has radiant floor heating and includes two modified accessible units.

Fleury’s new status, new staff

Councillor Mathieu Fleury married his long-time partner, Lai, at a small ceremony at City Hall on a Sunday in mid-December. Congratulations to both. His assistants Nathaniel Mullin and Alanna Dale Hill left the councillor’s office (Alanna to the light rail implementation team) at the end of 2015. Emeline Sparks is Fleury’s new assistant, working with Stéphane Galipeau.

Greenscaping coming to Somerset

The project to green several pieces of currently-paved City property on Somerset East is moving along. Plans for trees, perennials and bedding plants are in the works to bring a welcome jolt of shade and colour to the street. Working with the City, the Sandy Hill Tree Group will next meet with owners of properties next to the sites to inform them about the project. If you would like to contribute (e.g. design ideas, moving soil and mulch, planting, providing perennials for the sites), please contact Susan Young at sandyhilltreegroup@gmail.com.

Adàwe to get more barriers

Contractors will be installing a camera and likely some posts on the new Adàwe pedestrian crossing over the Rideau River this spring, to deter motorized vehicles. A car drove over it during the Christmas break.

New webpage collects noise complaint details

Now there is something more you can do when you’re awakened by a noisy neighbour: make sure the landlord finds out. If you have a recurring noise problem, call 311 and note the report number then leave the details in the database at noiseimandsandyhill.ca.

Will the intersection at Chapel and Beausoleil be reopened to vehicles?

A proposed site plan for the new Trinity Development building coming to the north end of Chapel Street at Rideau Street asks that the current barriers at Beausoleil Drive be removed and the intersection re-built as a full-service intersection so that cars and 18-wheeler transport trucks can have better access to their site. Councillor Mathieu Fleury is opposed to any reopening of the intersection, which was closed in 2014, along with the addition of stop signs along Beausoleil, as a safety measure for children crossing the street heading to Lowertown schools.

The boards of the adjacent schools are also on record as opposed to the proposed change.

Normally a site plan issue such as this one is decided by City of Ottawa staff; however because the developer has appealed their application to the Ontario Municipal Board, it is to be decided at an OMB hearing at the end of March. Action Sandy Hill is a party to that hearing and will re-emphasize its concerns about the intersection and other aspects of the plan at that time. Similarly, the Councillor’s staff is working through the site plan negotiations to keep the intersection closed. In the meantime they are seeking a resolution with City staff and the developer.

The OMB generally takes six months to issue a decision, so the existing bollards will remain in place at least until the end of this school year.

Fr. Richard Beaudette is the new pastor at St. Joseph’s

Fr. Richard Beaudette began serving as Pastor of St. Joseph’s Parish in October, 2015. Fr. Richard is an Oblate of Mary Immaculate (OMI).

The Alberta native crossed the country from northern British Columbia to assume his new role in what he now affectionately calls “the big city”. Though the bustling of downtown Ottawa is a far stretch from the small communities in British Columbia and the Yukon that he formerly served, he has settled in quite nicely. His wealth of experience in administration and as a pastor and vicar will serve him well at St. Joseph’s Parish and he looks forward to continuing his journey alongside the diverse community of Sandy Hill. He enjoys walking quite a bit, so if you spot him out and about, feel free to introduce yourself and welcome him to the city. – Brandon Rushton

Information on patio: 613-236-3108

Looking for childcare?

Bettye Hyde Cooperative Early Learning Centre

bettyehydeottawa@gmail.com

• For children aged 18 months to 5 years
• Full-time Toddler program
• Full-time and Part-time Preschool Programs
• Pour enfants âgés de 18 mois à 5 ans
• Programme de bain dans le temps plein
• Programme préscolaire à temps partiel

Bettye Hyde Cooperative Early Learning Centre

www.bettyehyde.com
bettyehydeottawa@gmail.com
613.236.3108

Sandy Hill’s neighbourhood early-childhood centre

5
We are sponsoring a Syrian refugee family

Larry Newman

Well, that’s one big step taken. We just submitted a 12-page application to sponsor a Syrian refugee family who are temporarily living in Amman, Jordan. This step is one of several needed in the refugee private sponsorship process.

It began early last September at a meeting organized by an immigration lawyer to encourage refugee sponsorship. Four of our eventual sponsoring group (see photo, page 20) were at that meeting and decided to start a sponsorship group. Then a young Syrian man saw a letter in the 2015 October/November issue of IMAGE from Alan Humphreys, who had taken part in Project 4000 in the ‘80s, when 4000 Vietnamese refugees were settled in Ottawa. Alan left his email address in the article and these two eventually got together and soon joined the original four to form the genesis of our sponsorship group.

The idea was to sponsor the young man’s brother’s family of five.

This Syrian family had been living in Amman, Jordan, for the last three years. They are urban refugees who don’t live in a camp but live and work in the city. Of course they couldn’t work legally because asylum seekers were not allowed to, but both adults found jobs in the black market. It was essential to work to live. Schooling was difficult both without legal status and because their children were not permitted to be in schooling.

It was an important step toward making immigration to another country possible.

The story gets a little bureaucratic. As Citizenship, Refugees and Immigration Canada (CRIC) reveals on its website, there are three common ways for private citizens to sponsor a refugee:

• Sponsorship Agreement Holders (SAH) are religious, ethnic, community or service organizations, which have signed an agreement with CRIC, and are already approved to sponsor refugees. SAHs have charity status. Constituent Groups can be formed as a partner to a SAH, with the SAH taking on the financial responsibility to support the refugee for one year.

• Groups of Five (or more) Canadians or permanent residents can come together to sponsor refugees. They must provide a settlement plan and prove that they have the money to sponsor a refugee for one year.

• Community Organizations may wish to sponsor a refugee(s) living outside of Canada. No matter which approach we would take, it was necessary to pledge financial and emotional support to the family for at least one year. We initially chose to be a Group of Five. However, we later found that partnering as a Constituent Group with St. Paul’s Eastern United Church, the SAH, had the advantage of their being a guaranteed backup in case we needed financial or other support. As well, they were located right here in Sandy Hill.

There was much information on the Internet about sponsorship, but very little information about the groups that were forming and looking for members. It would be quite helpful to have a site where one can recruit members to a sponsoring group, especially to find members in one’s neighbourhood. Nevertheless, through varied contacts, a group of six members formed and named itself Refucare Ottawa. This core group eventually grew to eleven members.

CRIC estimates that a family of five needs $29,700 for shelter, food, transportation and incidentals for a year. None of us thought that would be enough. The government specifies that children of different sexes cannot have the same bedroom so this family with two boys and a girl must have three bedrooms. Three-bedroom apartments in Sandy Hill, Vanier, and Lowertown rent for a minimum of $1500/month. The government uses $800/month as a guide for monthly rental cost. We quickly agreed to raise $40,000.

Now we had to raise it. One of the group members researched crowd funding and discovered a Canadian website, CHIMP, that looked easy to use and was based on all of the money donated to our charity. They would also issue charity receipts for tax deductions. We started a CHIMP site (chimp.net/groups/refucare) in mid-December and contacted all of our friends and acquaintances to tell them our story. Our goal was to raise $40,000. We got the first $20,000 (the easiest $20,000) by the fourth of January. For those readers who would like to help with the next $20,000, donating via CHIMP is the easiest way.

In the meantime, one of our contacts was the Bettye Hyde Co-operative Early Learning Centre at Osgoode and Blackburn. This Centre is an institution in Sandy Hill and Cindy Mitchell is an institution at Bettye Hyde. When Cindy heard of our sponsoring plans, she immediately suggested a fundraising New Year’s Eve “gala” at the school that would bring in funds for Refucare Ottawa. What a wonderful gesture! She also spread the word to many other people in the neighbourhood. Our list of supporters, and others who are following our progress while they decide how to contribute, has grown to 50.

We think that we’ll be able to reach our goal of raising $40,000. Now, we need to form committees to ensure that we have the needs of the family covered for one year. That means financial, housing, shopping, health, translation, education, language training, job placement, transportation, etc. We’ve just started on that and you can read that story in the next issue of IMAGE.
Activités pour le Mois du patrimoine à Ottawa-Gatineau en février 2016

par Michel Prévost

Encore cette année, la communauté archivistique et du patrimoine profite du Mois du patrimoine dans la région de la capitol pour offrir, tout au long du mois de février, un grand choix d'activités afin de faire connaître notre riche histoire et patrimoine. À titre d'archiviste en chef de l’Université d’Ottawa et de président de la Société d'histoire de l'Outaouais, je serai encore actif en février afin de faire rayonner notre patrimoine archivistique et historique.

J’invite la population de la Côte-de-Sable, ainsi que les lecteurs et lectrices d’IMAGE, à participer en grand nombre à ces événements organisés par les centres d’archives, les sociétés d’histoire et les associations du patrimoine de la région.

Je vous invite particulièrement à assister à la cérémonie du patrimoine de la Ville d’Ottawa qui aura lieu à l’Hôtel de ville le mardi 16 février à 11 h 30. Il s’avère important que les gens se déplacent en grand nombre afin de démontrer au maire d'Ottawa qui aura lieu à l'hôtel de ville à la cérémonie du patrimoine de la Ville d’Ottawa, les sociétés d’histoire et les organismes et célébrer en grand le patrimoine. Hôtel de ville d’Ottawa, Place Jean-Pigott, 110, avenue Laurier Ouest, Ottawa.

Je vous invite à visiter les sites d’exposition des organismes et célébrer en grand le patrimoine. Conférencier : Michel Prévost, président de la Société d’histoire de l’Outaouais.

Présenté par la Société d’histoire de l’Outaouais. Réservations obligatoires : 819-503-7426 ou societehistoireoutaouais@gmail.com.

Cérémonie de la Fête du patrimoine de la Ville d’Ottawa

Mardi 16 février, à 11 h 30

Venez visiter les tables d’exposition des organismes et célébrer en grand le patrimoine.

Conférence à la découverte des trésors de l’archiviste et historien

Michel Prévost, président de la Société d’histoire de l’Outaouais.

Présenté par la Ville de Gatineau. Gratuit.

Visite guidée du château Alonzo Wright et du Collège St-Alexandre

Chacun doit payer son repas.

Conférencier : Michel Prévost, président de la Société d’histoire de l’Outaouais.

Présenté par la Société d’histoire de l’Outaouais.

Souper-roncement de la Société d'histoire de l'Outaouais

Le soir de la cérémonie, nous invitons nos membres à découvrir la silhouette de la rivière des Outaouais et à savourer une délicieuse soupe de poissons. Place Jean-Pigott, 110, avenue Laurier Ouest, Ottawa.

Présenté par la Société d’histoire de l’Outaouais. Réservations obligatoires : 819-503-7426 ou societehistoireoutaouais@gmail.com.

Visite guidée du ruisseau de la Brasserie

Chaussé de vos patins, découvrez l'histoire du ruisseau de la Brasserie, le premier site de patrimoine de Gatineau.

Conférence de Pierre-Louis Lapointe, archiviste et historien

Présenté par la Société d’histoire de l’Outaouais.

Conférence du 24 février à 13 h 30

Archives de l’Université d’Ottawa, 100, rue Marie-Carte, salle 012, Ottawa.

Conférencier et guide : Michel Prévost, archiviste et historien

Présenté par les Archives de l’Université d’Ottawa.

N’hésitez pas à me joindre pour des renseignements sur ces activités au 613-562-5825 ou à michel.pревост@uottawa.ca. Bon mois du patrimoine!

Conférence à la découverte des trésors des archives de l’Université d’Ottawa et visite guidée des voûtes des archives

Conférencier : Michel Prévost, archiviste et historien.

Présenté par la Société d’histoire de l’Outaouais.

Conférence de Pierre-Louis Lapointe, archiviste et historien

Présenté par la Société d’histoire de l’Outaouais.

Sommeil et l析： The City for service requests (311)

Over the last five years, we have worked diligently to engage residents in the betterment of our community. We work directly with you to address your concerns and we are always available to meet to discuss any issue. As a result of this direct engagement, our community has seen significant improvements and residents are proud of the additional measures we have put in place, particularly pertaining to noise issues.

The City of Ottawa’s By-law Services recently released the 2015 call statistics. In 2015, Rideau-Vanier (including Sandy Hill, Lowertown and Vanier) topped the charts with 9,614 By-law calls, nearly triple the City average of 3,320 calls per ward. Although most calls were related to parking, 2,275 noise complaints were received. The 2015 property standards complaints also made in 2015. These numbers are not surprising; our community is a diverse, dense and vibrant place to live and we always encourage residents to report all community issues. This volume of calls is a good thing, because it demonstrates that Rideau-Vanier residents contribute directly to maintaining the high quality of life in our community.

Over the last five years, we have seen a marked improvement in noise and property standards violations in our community, with a 21% reduction in noise and a 10% reduction in property standards complaints from 2011 to 2014. We have also seen better cooperation between By-law Services and Solid Waste Services in addressing the community’s needs. But, our work continues. We will continue to work with City services to ensure that residents are receiving fast, proactive and reliable service in all areas, including property standards, garbage services, and snow clearing.

These efforts have come as a result of the successful Town and Gown Committee. The committee has worked collaboratively over the last few years with community stakeholders to bring a range of measures to address the issues of noise and property standards violations in our community, including noise enforcement and property standards. Through this, the committee has been successful in advocating for changes to the noise By-law, Property Standards By-law, zoning by-laws, and creating an effective student Move In/Out strategy in collaboration with By-law, Solid Waste Services and community partners.

Through our combined efforts, we have been able to realize great change on our community streets. These efforts are apparent in every part of our neighbourhood and I would like to take this opportunity to thank residents for being involved, taking part in positive change and for contributing to the quality of life in our neighbourhood. Thank you!

Remember, if you see an issue report it! Call 311, submit online at Service Ottawa and once that is done if the City’s response is not up to par, please contact our team with the service request number. We would be glad to help.

Version française disponible en ligne au mathieufleury.ca/accueil.

A good and a bad thing: our community tops the City for service requests (311)

Developmental Soccer Program (DSP)

for ages 4-12, at various parks

- Neighbourhood teams
- Fun, Active and Safe Environment
- Small-sided Games
- Maximum Participation

Summer Registration Now Open

For more information on our programs and registration visit:

www.ottawasoccerdsp.com or email dsp@ottawasoccer.com

Play Local

Join your community soccer club We have been serving your neighbourhood for 40 years
The Sutherlands of 585 Besserer Street

Number 585 Besserer Street was the home of two generations of the Sutherland family for 95 years, giving us a window into the changing life of Sandy Hill.

Andrew and Margaret Sutherland, recent immigrants from Scotland, bought the lot in 1895 and built a new home for their young and growing family: Bessie, age 6, Margaret, age 4 and Marion, age 1, to be followed by Jack in 1899, Dorothy in 1902 (died in infancy) and Jean in 1909. A snapshot of the time shows a simple frame house, parged with stucco and resting on timbers laid right on the levelled ground.

Andrew worked as a cabinet-maker at a time when most furniture was made by hand or in small workshops. The Sutherlands were comfortable, but not wealthy. All of the children finished high school, and five policemen with lice borrowed his pistol, and Wurtemburg, the policemen (who had gone overseas as a pilot during the First World War) continued to show signs of age. His wife, already deeply religious, puritanical and twenty years younger, grew more imperious with time and ruled social Ottawa with “a rod of iron.” Richard Gwyn writes that it was during this period that she labeled the minister of justice a “pervert” because he had changed religion in order to marry the finance minister. Macdonald was still in relative good health (he turned 63 in 1878 and would live another 13 years) but was starting to show signs of age. His wife, already deeply religious, puritanical and twenty years younger, grew more imperious with time and ruled social Ottawa with “a rod of iron.”

By the early 1920s a break-in at the home of Charles Moss at Daly and Wurttemburg, the police borrowed his pistol, and five policemen with lice borrowed the burlgar on the roof.

The house today: a fine brick residence tucked away in the northeast corner of Sandy Hill.
Old letters

Ron Hodgson

The other day I started sorting out some old family letters—boxes of them that had belonged to my mother and had been stored in a dusty attic by her mother for decades. A large proportion dated back to the last half of the 19th century while others were ones that had been received and saved by my pack-rat grandmother who never threw out a personal letter. Most of these dated to the first half of the 20th century.

Reading old letters is tough. Besides being difficult to actually read due to the fading of the words and the necessity to decipher someone’s cursive hand, the majority contain very little information and are pretty boring. Health enquiries seem to predominate in one group whereas money and property matters are front and centre in another group. I quickly learned to spot the “interesting” letter writers.

As I sorted them I thought about the letter-writing era that they represented. That era started with the advent of cheap and dependable postal services in about 1845 and ended 150 years later with the introduction of widespread email and fax services. (Actually fax is simply an electronic way of sending a regular paper letter so it only counts as a transitional system.) Now even email is on the decline as social group systems become increasingly popular. The idea of sending a tailor-made personal message to individuals such as a relative or friend is fading away. And there were a lot of thank you notes and decide if you need professional assistance or not.

Practically you may as well recycle the remainder. I found old useless cheque stubs, receipts and invoices which I supposed were saved as proof of transactions. And there were a lot of thank you notes for social engagements and well wishing. Be as ruthless as possible but if you are unsure of a letter’s value, save it for a future review by one of your own descendants.

What you are working on is a jigsaw puzzle where each piece is a vignette pulled from one of those old letters. Treasure them. Make a timeline and enjoy hanging out with one of your ancestors even if only for a sunny afternoon in Marion, Indiana.

Strathcona Park winter visitors
Photos by Kathleen Kelly

February - March 2016 IMAGE février - mars 2016
The Muse takes a ride on OCTranspo

A group of local writers who meet weekly at the Rideau Branch of the Ottawa Public Library have put together stories, poems and essays on the subject of OCTranspo. They kindly collected a sample of such works and submitted them for publication in IMAGE.

Knowing how present in the life of Sandy Hill are buses, route maps, Para Transpo signals, and how many brief encounters happen at bus stops, the editors are very pleased to present these five creative comments on our bus service. We also thank Marilyn Oprisan for sending them in.

Bus encounter

Joan Alexander

I was one of those damp December days, a gray warning of winter’s approaching wrath, days that precede Christmas.

The bus ride from downtown was endurable because I had to pick up a book that was available only at Merivale Mall. The bookstore clerk promised that the last available copy would be held for me until noon that day. Recovering from the flu, I dressed warmly and dragged my body to the bus stop. Generally enthusiastic, I couldn’t have given a damn about anything that morning.

I left the bus at the Mall, stopping short as I faced a wall of filthy windows. Beyond the glass, seated alone on a bench was a hunched, untidy creature. She looked like a crumpled bunch of grubby blue paper ready to be hurled into the trash. I stared at her, then, realizing that I shouldn’t, I moved on, trying to focus on the reason I had made this trip.

A few steps away, I looked back at her and nearly wept. Did I pity her? Was I angry? Disgusted with her or with myself? I pressed on but the woman did not leave my mind. Would someone pick her up? Did she have a family? How old was she?

I purchased the book and thought I’d wander around the mall. But, I couldn’t. The hopelessness of life overwhelmed me. I returned the way I had come hoping that the woman would be gone.

She sat there still, a shrunken woold half-covering her untidy gray hair. I scurried past her to wait outside for the bus. When the bus finally arrived, it was empty except for two ladies who were sitting at the rear. I sat close to the driver on the furthest of three side seats. Suddenly I was whacked roughly on my hip and turned the way I had come hoping that the woman would be gone.

“I’ve lost my keys!” she announced loudly, thrashing around in two well-used shopping bags.

“That happens to me, too,” I said quietly. “I think I’ve lost something and then it turns up.”

As her frantic search continued, I ventured, “Would you have put them in your purse or your pocket?”

“I never do that!” she responded testily Then, with the whoop of a victorious boxer and a toothless grin, she shouted, “I found them!” and lifted the keys high above her head. She leaned into me to confide that her children wanted to place her in a protective geriatric facility because of her forgetfulness. “I won’t tell them I lost my keys or they’ll put me away,” she said.

“Would someone pick her up?” I asked.

“Are you that kind of person?” she said.

“I don’t lose your keys. You misplaced them,” I assured her.

“And you found them!” But my words fell on deaf ears.

A few moments later, when the bus swung north, my companion leapt from her seat. I wished a happy holiday as she stood and made her way towards the front exit. Before she reached the driver she turned and screamed, “I’ve lost my gloves!”

“DON’T TELL ANYONE!” I bellowed back.

She left the bus and stood in tired grimy snow on the curb, a worn woman, alone, defeated by age, rummaging once more through her bags. As the bus jolted forward, she jerked her gloves aloft, a radiant grin on her face.

I sat on the bus and wept. For her. For me. For everyone who grows old.

I hope she didn’t tell her family.

Sound of wheels turning; bus driver says hello ma’am
- trip into nature.

OCTranspo bus will bring me many places:
like to Naomi’s
or downtown to McDonald’s;
my nicest way to travel.

Standing at the stop
I chat with other people
in the clean, fresh air;
forces me to exercise
by walking to catch the bus.

Sometimes I run there:
“Wait for me, I am coming.”
- winter is the worst.

My experiences on Para Transpo

Naomi Wilanski

On the whole it is a good service but with some inconve-
niences. You have to allow a half hour’s grace before you can call to find out where they are. If you booked for 8:00 a.m. you cannot call until 8:30. It is understandable because there are other pick-ups and drop offs but this means you have to book to two hours ahead of the time you want to be at your destination.

Personal experiences

Twice the driver said I was no show when I had gone to my lobby early and people were saying good morning to me. This meant they also cancelled my return. They did get me another vehicle, but it made me late. One of those times was for a medical appointment.

Another experience is that a passenger complained about every-
thing saying that Para was late and he could not get through when he phoned. Apparently he was calling too early and to the wrong number. Then when the driver wanted to drop me, he said it was not where he wanted to go. He bugged the driver so much that she asked him if he wanted me to jump off the van.

Another experience is that a driver came for my neighbour who was going to Riverside Hospital but he kept insisting that I get in his vehicle, even though I tried to tell him that he was scheduled to pick up my neighbor and I had another vehicle booked. The driver did not want to listen. Thank God my ride showed up while we were talking.

As far as my regular OC Transpo experiences, I find the big-
gest issue is with riders not giving up their seats to seniors or the disabled.

Sightseeing on OCTranspo

Susan Rondeau Lecorre

I know a lady in her 60s. She’s retired, and so has a bit of time on her hands – enough time to go for joy rides on public transportation. Yes, she goes sightseeing on Ottawa’s OCTranspo.

The various routes go through various neighbourhoods, some of which have lovely houses. Hmmm – what would it be like to live there? Or there?

Why, I didn’t know that store had moved to this location – and I can get there by taking the number 7!

The various issues are with riders not giving up their seats to seniors or the disabled.

Illustration Claire MacDonald

Light rail rant

William Sheridan

Lots of money spent
Indignant home-owners disrupted
Giving and taking insults
Happy downtown merchants
Tunnel digging continues
Regular bus routes changed
Always fare increases
Insolent OC Transpo staff
Let’s hope for the best
Real improvements promised
After project completed
New extension requested
To link Kanata and Orleans
Biking’s travel too

Graeme Hunter

I’ve been abroad, but not so often or so exotically as certain people of my acquaintance, nor have I rolled my foreign travels into ready touristic soundbites, currency of social gatherings. Solitary biking round the shire puts all this travel business in perspective. “You are comfortable in this spot,” I tell myself in borrowed words, so full of grace and being that it sparkles like jewels spilled on water.

That’s Tom Hennen, a new poetic love. Hopkins puts the same point this way: These things, these things were here And but the beholder wanting.

And Blake views it from another angle: A double vision my eyes do see And a double vision is always with me To my inward eye ’tis an old man gray To my outward a thistle across my way.

Local roads are conversations in your local dialect. Also dialectical conversations in which the countryside contours your flat ideas. Quiet passages teach you to hear. Take that snowless Christmas Day last year, that special gift of sunshine and warmth. The muses on the rocks were wearing their spring-like green; the ferns came back to life; fat squirrels were burying their nutty bords in the forest.

True, the grey depleted streams looked discouraged, hoping for ice and snow to cover their meagreness. And the rivers were an uninviting metallic blue. The low sun was always in your eyes but didn’t tan your face.

You are not supposed to be out here in this season, the countryside told me. You are disturbing events that only take place in secret.

You could sense, but not feel, the approaching remedy of snow.

The best place for her future is a place with a lot of history.

Friends a cat can count on

Paula Kelsall

Every morning Nicole passes through Sandy Hill on her way to work and stops to make sure that the stray cats living near Daly Avenue and Cumberland Street have their breakfast. The sun isn’t up yet as she tops up bowls of dry food, puts out fresh water and slips a hand warming pad underneath the water dish if it’s an especially cold day. At suppertime Madeline, who lives on Rideau Street, will come by to check the feeding station again and make sure that there’s enough food to get the cats through the night.

The feeding station is a lovingly constructed little shelter, set on stilts to keep skunks and other neighbourhood wildlife from getting into the food. It’s hard to catch a cat in the act of visiting for a snack, but tracks in the snow show that they do come, from the street and over backyard fences.

Nicole and Madeline are volunteers with Ottawa Stray Cat Rescue (OSCATR), an organization that was established in 2011 to get feral cats in the Ottawa area off the streets and into welcoming homes. Since the colony of cats that has been thriving for a few years around the block of Daly between Cumberland and King Edward came to their attention last summer, OSCATR has picked up 30 cats in the neighbourhood, and has found homes for 20 of them. This is the only cat colony in Sandy Hill that OSCATR is aware of, but they say that they are tending to roughly 60 colonies in the Ottawa region.

Some feral cats can’t make the transition to living in a house, and in this case OSCATR will have them spayed or neutered, vaccinated, microchipped and returned to their neighbourhood. The TNR (for trapped, neutered and released) cats have a tiny notch in one ear for identification. As the organization points out, although these cats are still living on the street they are less likely to fight or mark their territory, and they won’t be bringing any kittens into the world.

If you’re interested in donating to or volunteering with OSCATR, check out their website at oscatr.ca. Be warned, though; the website features a most enticing gallery of adoptable felines. You may find fur on your sofa before you know what’s happened!

We have learned a lot about teaching girls over the past century—and how to inspire them to reach their full potential. Come for a private tour, see the school in action and learn more about how we foster creativity, growth and academic excellence in our supportive and collaborative environment.

Call (613) 744-7783 or email admissions@elmwood.ca to arrange your tour today.

www.elmwood.ca

Pour de plus amples informations, VSP contactez-nous à info@aladin.services ou visitez notre site internet à www.aladin.services

News from Viscount Alexander Public School

Michael Barnes

Recycling is the future
Recycling education is humanity’s best hope for preserving the planet and can have a powerful impact on the lives of our young children in the long term.

At Viscount Alexander Public School, recycling is a mandatory part of the curriculum. As a SK/Grade 1 team, we are designing in our classroom a recycling centre and planning activities within it that promote each child’s creativity and well-being in a play-based environment, by introducing recycling.

We are working to teach young children about the importance of recycling and the ways it protects their environment by creating and maintaining a well-designed, healthy and safe classroom. As well, we encourage parents to become involved in the recycling program and to take an active part in their children’s recycling education.

Weekly skating classes are underway!
Skating sessions for students are underway at Sandy Hill Arena. Special thanks are due to Alan Martel from the Ottawa East Hockey Association, and his team, for all of their hard work preparing our skates. We have close to 70 students borrowing skates this year and the Sandy Hill Skate shop did a great job preparing for their use. Students skate on Wednesdays and Thursdays at the arena, and will be preparing for our Annual Skate-a-thon in March.

Thank you to all of our staff and volunteers for their continued work in helping with the skating sessions.

Learning more about Inuit culture and traditions
On January 15th all of our classes worked with Dion Metcalfe, from the Ottawa Children’s Inuit Centre, to learn a variety of Inuit games. The centre provides workshops for schools to learn about Inuit culture, traditions, and even some Inuktitut! Dion has visited Viscount several times this year to work with our classes with artwork, and to help the students further appreciate the variety of landscape and traditions that we can find in Canada. The games performed require perseverance, focus, and a great amount of physical strength.

Bringing tennis to the school
Tennis should be a natural at Viscount as just 30 metres from the school property are two city tennis courts.

It’s our hope that Rideau Tennis Club tenis professional, Zhenya Kondratovskii, will be giving lessons to some students in spring 2016. I have had the opportunity to watch Zhenya instruct over the past decade and I know our students will be hitting aces before long and having a great time on the courts.

Tennis Canada has recognized his coaching excellence.

Our students like their Ukulele Club!
This is what two Ukulele Club members had to say about their club:

“The Ukulele Club at Viscount Alexander is outstanding! Every Thursday kids use their time to learn something new. We gather as a group, with M. LeMonnier and Mrs. Mills, in the library to learn with this great instrument. I would rate the club 10/10! Every year we teach kids new songs and games with the ukulele! I hope this year is one of ukulele club’s best years!”

Hadrian Dunlop—Grade 5 student

Students at Ottawa University

Many students go to Ottawa University for a day of engineering. In grade 3-6 girls went to the engineering building at Ottawa University to learn about engineers and what they do. We did 3 activities. First we learned that the 5th gear on a bike is faster than the 1st gear. I never knew that! From there the teacher told us we would be working with pulleys and gears. We split into groups and our group started with gears. We got blocks and started building gears. We had a great time. Then we went to the pulley side. As a group of 3 we worked with the pulleys. We put a lot of marbles inside the can that we were pulling. It was so heavy; we all fell on the floor because we were so tired! We did it though, using a pulley. After our snack we went onto the computers and learned about a program called scratch. Scratch is used to create games. You could make any games you would like. It was really, really fun! We can use this program at home too. Finally we had to build a structure that was very sturdy. We needed to make sure that it held 15 magazines. We used straws and tape. The teacher said it was very sturdy. We were allowed to keep the structure at the end of the day. It was the best day ever, and I hope we go again next year! I think engineering is awesome because you can build things!”

Maida - Grade 4 Student

Dance comes alive

Last week was a busy week for staff and students. All of our students worked with Mr. Cee, from Luv2Groove, in four sessions throughout the week learning dance moves. The energy in the gym was awesome as some students learned elements of dance, improv and worked on their memories with a dance routine. A big thank you to Mr. Cee for spending the week with us at Viscount!

Adâwe Crossing opening

A few of our classes attended the opening ceremony of the Adâwe footbridge that crosses the Rideau River, along with Mayor Watson, and Councillors Fleury and Nassbaum and many other interested citizens.

To learn more about Viscount

Please call the school office at 613-239-2213.
On Sunday, January 31, Action Sandy Hill hosted another wonderful Winter Carnival at the Sandy Hill Community Centre. The balmy weather was perfect for outdoor fun and the rain held off until supper time.

Along with many returning favourites— including John Cundell with his horse-drawn wagon, the University of Ottawa Men’s Soccer Team, and local artist Claudia Salguero who sculpted a beautiful ice owl— there were a few new features this year: Dexter the Dinosaur, the City of Ottawa mascot, was on hand to give some high-fives; local dad Bader was a huge hit with his balloon animals and swords; and there was a full house for children’s entertainer YAKI’s sing-along. And of course, St. Joe’s Supper Table wowed us again with a delicious menu of stew, macaroni and cheese, and apple crumble.

The Carnival could not happen without the support of several sponsors and many volunteers. De la part du commanditaire principal du Carnaval, Action Côte-de-Sable, nous tenons à remercier nos partenaires: le Centre de santé communautaire de la Côte-de-Sable, Lynda Cox (agente immobilière), Christine Aubry and Catherine Fortin-LeFaivre, notre conseiller municipal Mathieu Fleury, ainsi que Bridgehead pour le café. Merci aussi à notre maire Jim Watson qui est passé encourager les organisatrices et faire la causette avec la foule. The Carnival is run entirely by volunteers: the taffy team was made up of François Bregba, Diane Beckett and Ian Finlay; Barbara Brockmann and daughter Kathleen O’Keefe ran the Valentine’s crafts; Mathieu Fleury’s team served hot chocolate and coffee. A special thank you goes to helpers Lynda Giffen-Clements, Amy Arnold, Glen Kitchen, and Simon Kitchen (aka Dexter). We were also thankful to have Community Centre staff Chloe Brynen and Pascale Boucher on hand to run the broomball and snow games. And we would be remiss not to thank the truly amazing team of volunteers from St. Joe’s Supper Table who took care of everything for the community dinner.

Un grand merci à tous ceux et celles, petits et grands, qui ont profité de cette belle journée avec leurs voisins de la Côte-de-Sable. Nous espérons vous revoir nombreux l’année prochaine!

Many enjoyed a carriage ride down the street, drawn by John Cundell’s splendid horses.

Kids, crafts and snowsuits aplenty in the crafts room.

Photo Christine Aubry

After the fun came the food... event organizer Christine Aubry fetches the buns.

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Happy New Year to Sandy Hill home owners

Let’s talk real estate
Lynda Cox

IMAGE has given me an opportunity to write a series of articles that will address some current real estate topics. What would you like to know? How can I help you find resources you need? I would love to address your questions and hope that you will write to me: lynda@lyndacox.com. Let’s work together.

Each article will be dedicated to your education in the somewhat complicated world of real estate in Ottawa and more specifically Sandy Hill.

Ottawa is a very stable market compared to Toronto, Calgary and Vancouver. The scary statistics you hear about bursting real estate bubbles, generally, DO NOT apply here. We are a government town with a robust yet calm real estate sector. Each urban neighbourhood creates its own niche market. Sandy Hill is known as an embassy/student housing area with all its own 50 years in Canada in 2017.

Downsizing will continue to thrive even with the little efforts.

In future articles I hope to discuss:

- Downsizing: Is it time and what do we do with all this "stuff"?
- Real estate options for aging parents;
- Do we renovate to sell? Will it be worth it?
- When is the best time of year to sell?
- Why do realtors want me to get a building inspection done before I put my house on the market?
- These topics are valid points. We might even tackle the tricky world of zoning. I look forward to getting your suggestions. Let’s learn together. Stay warm and let’s talk.

Lynda Cox is a licensed real estate sales representative with Faulkner Real Estate Brokerage Ltd. You may reach her at lynda@lyndacox.com.

Ecclectic Sandy Hill is a diverse mix of styles, prices and uses unlike many other urban neighbourhoods that are mainly single-family residential. Over the last few years many homes have sold to investors creating much-needed student housing but distressing some longtime residents. Zoning in Sandy Hill varies block by block and in the past, investors have been able to get variances to build what zoning did not previously allow. Again, the Sandy Hill residents spoke up after the Blackburn eyesore was built and received a halt to those permits for a short time.

On a bright note, we have seen and are seeing some major interior and exterior renovations, additions and rebuilds of original single-family homes enhancing and bringing value to the neighbourhood. Heroic moves to save historic landmarks like All Saints Church and the Carriage House indicate a very active community base, unseen in any other urban area in Ottawa to my knowledge. I applaud these efforts.

We have such a strong community. It will continue to thrive even with the little “student housing” bumps along the way.

Gregory’s Leather: 43 Years on Rideau

Claire MacDonald

Make a visit to Gregory’s Leather on Rideau Street and you will be greeted with warmth by Gregory Gitas who brought sunshine from his native Greece when he first came to Canada in 1967. A few years later, in 1973, he established a first in leather shops on Ottawa. His first store was on Rideau near Waller, alongside the Hayloft, for those of you who may recall the Rideau Mews. He has been at his present location, 458 Rideau, for 33 years and will celebrate his own 50 years in Canada in 2017. He knows his leather and suede and works in his attached studio amidst a multitude of patterns and coloured threads. When visiting Ottawa, tourists from all over the globe visit his shop which they have previously discovered through his Internet site.

Mr. Gitas also has some thoughts on the importance of Rideau Street as it extends from the Parliamentary precinct to the Rideau River. Shouldn’t this be an avenue populated with people and businesses, a cause for Canadian celebration?

A customer who came in when I was visiting added that Gregory is a wonderful tailor. He said that Gregory reshaped his ill-fitting camel-hair coat into an elegant garment; a very satisfied customer.
Bright and enterprising spirit of St. Albans church

François Bregha

The Anglican church of St. Alban the Martyr at the corner of Daly and King Edward avenues is one of Ottawa’s oldest churches, as old as Confederation itself. Although over the years it attracted the cream of Ottawa society, by 2011 St. Albans faced an existential challenge. Its congregation had left the Anglican Church over the issue of same-sex marriage. The diocese’s announcement that a drop-in centre for vulnerable people would move back to the church basement had attracted intense opposition from the immediate neighbours. The building itself was old and in need of expensive renovation. Could St. Albans be saved? Or, as Mark Whitall, St. Albans’ new minister, asks provocatively in his just-published book ReInvention, “who in their right mind would start a new church in downtown Ottawa in 2011?”

At one level, ReInvention tells the story of how a church community was re-established at St. Albans and has come to thrive in spite of the odds. The book’s more important story, however, is about the need for churches to re-imagine how they interact with their communities. Whitall argues, and his own successful experience supports the point, that churches need to reconsider their role, their liturgy, the use of their buildings and their outreach in order to reflect today’s societal values and expectations. Unusually for a minister, Whitall used to be an engineer and an entrepreneur. He describes St. Albans as an R&D lab for the broader church. This background gives him a unique perspective on the challenges and opportunities that established churches face. Even though we live in a secular age and fewer people identify with mainstream denominations, Whitall believes that attendance at downtown churches is not faded to drop inexorably if they are prepared to adapt. But they will need to do more than learn to harness social media or garner new revenue streams through concerts. Being authentic, talking about stuff that matters, exploring answers together and establishing strong relationships are some of the essential attributes to success Whitall lists.

Whitall’s book is inspiring—who doesn’t like the story of a successful start-up?—but it also presents a profound challenge to the established order. St. Albans’ solutions will not work everywhere. But given the number of old churches in Sandy Hill, one can only hope that this book receives wide readership and its lessons are studied closely. These lessons are relevant not just to churchgoers but to everyone who lives in Sandy Hill.

The book is available for sale at St. Albans.

No rest for Sandy Hill artists Lacelle and Evanchuck

Hélène Lacelle and Peter Evanchuck, who bring the One & Only Craft Fair to the Sandy Hill Community Centre each November, have a new artistic project currently on display in the neighbourhood. MARVELLOUS REALISM CANADA is a joint project using Peter’s photographs as the basis for some very atmospheric images. Timothy’s World Coffee at 234 Laurier is now showing A Doll’s House, a series of photos of abandoned Maritime houses. There’s an uncanny, luminous quality to these pictures; did any field of fireweed ever have such an electric shade of pink? And what is that small plastic doll doing on the back steps?

Hélène Lacelle’s work can also be seen through the month of February at Café Nostalgica, 601 Cumberland St. They are planning a nationwide series of exhibitions, but Sandy Hill is getting an early look.

Whatever your wishes...

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Le français correct ✓✓✓
par Denye Mulvihill

Améliorer son français, c’est la responsabilité de chacun. Attention de ne pas confondre le sens français avec le sens anglais de certains mots.

On doit dire :

> À vrai dire, qui signifie « en toute vérité, sincèrement sans vouloir tromper » — non pas — pour dire vrai, ce qui est un anglicisme.

Ex. - Malgré les nombreuses interruptions subites par l’orateur, lors de sa récente allocution, celui-ci, calme et serein, a terminé sa présentation en déclarant, qu’à vrai dire, il avait simplement exprimé une opinion répandue dans le monde sur le sujet en question et que les auditeurs étaient libres d’en juger la valeur.

> Croire que, qui signifie « espérer que, souhaiter que, présumer que » — non pas — être confiant que, ce qui est un anglicisme.

Ex. - Dans la situation écologique qui frappe le monde aujourd’hui, on s’efforce de croire que tous les Chefs d’État, conscients de leurs responsabilités envers l’humanité, mettront en vigueur le plan d’action dont ils discutent depuis longtemps, afin d’éviter la destruction graduelle de la planète.

> En fin de compte, qui signifie « en bref, en résumant, en dernier lieu » — non pas — pour couper court, ce qui est un anglicisme.

Ex. - Depuis que toutes sortes d’appareils électroniques de plus en plus variés, petits et sensibles ont fait leur apparition dans le monde, puis, sous l’influence des satellites, régnent sur le marché international, on vit, en fin de compte, dans le siècle de la vitesse, de la course effrénée vers un but inconnu mais réel, pour aboutir à un monde muet et solitaire, lequel mène à l’isolement, puisque la communication verbale, en face à face, en compagnie d’amis ou de parents, se trouve mise au rencart.

> S’interroger sur quelque chose, qui signifie « se poser des questions à soi-même, descendre en son for intérieur, en sa conscience, en son âme » — non pas — se questionner, ce qui est un anglicisme, sauf s’il s’agit d’une conversation entre plusieurs interlocuteurs qui discutent mutuellement et dans une situation de réciprocité.

Ex. - Quand on doit prendre une décision définitive sur un acte à poser, ou sur une activité à entreprendre, il est sage de s’interroger sérieusement sur les effets possibles d’une telle décision et d’en analyser tous les aspects imprévus aussi bien que les résultats qui pourraient sans doute, changer le cours de sa propre vie et celle de ses proches.

> Saisir l’occasion de, qui signifie « se servir du moment présent pour faire quelque chose, agir selon les circonstances » — non pas — saisir l’occasion pour, ce qui est un anglicisme.

Ex. - On trouve souvent le temps de faire, à tous et à chacun, des promesses d’entraide et de collaboration à des projets de mieux-être et d’améliorations des lieux dans le quartier où l’on habite, mais alors, pourquoi, le temps venu, ne pas saisir l’occasion de tente parole en se joignant à ceux qui souvent ouvrent dans le domaine.

SoulMoves Studio opens at Chapel and Laurier
The joy of movement & art of feeling better

Steffi Retzlaff

T he SoulMoves Studio, founded and operated by Steffi Retzlaff has opened its doors at All Saints at Lau- rier and Blackburn. On the daily schedule you’ll find Nia, Yoga and Soul Motion classes.

As the first practice to combine martial arts, dance arts and healing arts, Nia has fundamentally changed people’s lives with its evolutionary approach to fitness and wellness. Nia encourages people to listen to their body, to get in tune with what their body needs. Nia sessions are done barefoot to soul-stirring music and explore various structured choreographies and a portion devoted to FreeDance so that students can express their own movement styles.

Nia classes are about an hour long and go through seven cycles, starting with focus and intention (which will change from class to class). Then we step in, followed by the warm-up, the get-moving cycle, cooling down and some FloorPlay (often yoga-like and stretching movements). Participants then step out.

Nia is done at each person’s own indi- vidual level. You listen to your body and move as much or as little as your body wants to. While everyone follows the ba- sic dance steps and arm movements, just how much you bend, kick or punch or how fast you move depends on yourself and your abilities. Nia thus benefits people of all ages and abilities, and can be tailored to specialty populations. Toned muscles, more energy and stress reduction are wel- come by-products, as is a better under- standing of the body. Moreover, studies have shown that non-repetitive, stimulat- ing cardiovascular activity such as Nia is capable of counteracting age-related neu- ronal cell loss, thus also improving higher level cognitive functions such as memory and imaginative thinking.

With Nia’s “More-Gain, No-Pain” phi- losophy exercise becomes pleasure rather than punishment: If it feels good, do it; if it doesn’t stop and tweak it. Nia is built on a rich body of education. In order to ensure the best delivery of the benefits of Nia, certified teachers go through an extensive training before teaching their first class.

Nia nurtures the mind, body and spirit and provides a safe and joyful outlet for stress. There is no judgement in a Nia class; it is about participation using one’s own imagination and creativity, living in the moment and having fun.

Soul Motion™ inspired Conscious Dance Practice, on the other hand, doesn’t follow any choreography. Structured ex- periences/exercises and free forms guide the journey within.

In a Soul Motion™ you move through four relational landscapes: dance intimate... we move alone dance communion... we move with one other dance community... we move with every- one dance infinity... we move our practice to the everyday life.

You are provided time to arrive in your body, in the space and in your process, to get a personal sense of yourself and your inner dance, before you might choose to open up to one or other or all others. Supported by gentle sounds, energetic rhythms and silence we use moments of delicate movements as well as wild dance to reconnect to the inner divine source in- side of us. Body sensations, images and feelings turn into authentic movement im- pulses. In that sense the dance becomes therapeutic as our body memory allows us a very direct access to our inner world(s).

The SoulMoves Studio also offers Yoga classes. The Yin class on Thursday night, for example, is a great way to wind down. Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga. Yin Yoga uses longer holds in ful- ly supported postures to bring release to connective tissue, specifically ligaments and tendons in the joints and spine.

Let’s move together.
Info, schedule and rates for class pack- ages can be found here: www.steffiretzlaff.com.
Don’t get skunked!

Eleanor Woolard

Sandy Hill has an abundance of wildlife and a superabundance of skunks. While skunks are lovely, at a distance, they do leave the summer air drenched in the odor of rotting eggs. The sign that someone has come off the worse in an argument is to manage the skunk population and discourage it from settling in your yard. If you don’t have a dog or cat who might dispute possession, skunks are very shy. They only attack when threatened. But, since they are nearly blind, they frighten easily. That’s when they flip their tails up and start stamping their feet to warn you that they are armed and dangerous. Chemical warfare is their last resort, and their only weapon.

Skunks settle where there is food and shelter. To discourage them, don’t put your garbage out just in plastic bags, get a garbage can for them, and keep it, and the green bin, sealed. Many bins have a slide lock on the top: learn to use it. Put up a sign warning that there is a “humane” one, take the steps outlined here, and show tolerance: if they are not frightened or threatened, they will do no harm. The family will move when the kits are big enough and evicting them early may only make them your neighbours’ problem.

If you see a “sick” or injured skunk, don’t panic! The most common skunk disease is distemper, not rabies. Rabies is extremely rare in Canada, even in wild animals. Humans don’t get distemper, but dogs and cats do. Annual vaccination can prevent this, so be sure your companions’ shots are up to date.

Skunks drenching your home with ammonia, fleas and ticks can be a problem. If you have a dog or cat that might be bitten, be sure to check them out regularly.

If you don’t have a dog, ammonia-drenched rags will discourage unwanted tenants, as will bright light. This will work even if a mother has already had kits under your porch: use a stick to insert the ammonia rags, and leave her a radio playing something loud. She will move those kits out of there tout de suite.

However, if there is a family under the porch, it is best to show tolerance: if they are not frightened or threatened, they will do no harm. The family will move when the kits are big enough and evicting them early may only make them your neighbours’ problem.

If you see someone throwing food on the street, think about the skunks who are living under sheds, porches and foundations. Skunks have terrible eyesight, but great sense of smell. They can find food, and they have to fight existing residents. Rather than call a trapper, even a “humane” one, take the steps outlined annually, and the skunks will migrate to somewhere more hospitable.

Choose a goal

The goal you pick should be realistic, specific and something you want to do. A goal like “be more physically fit” may sound good in theory, but it does not give you the information you need to make changes. The trick is to pick something meaningful that you can achieve. For example, let’s say you want to be able to walk the one kilometre route home from the grocery store carrying two bags of groceries.

Make an action plan

Once you’ve picked your goal, you are ready to make an action plan. An action plan is a small, manageable change that you can realistically accomplish in the next week. The change you pick should be a small activity you can accomplish that week using the information you learned.

To create an action plan, ask yourself, “On a scale of 0 to 10, with 0 being completely unsure and 10 being completely certain, how confident am I that I can complete this plan?” If you answer 7 or higher, this is likely a realistic plan. If you answer below 7, take a look at your action plan and figure out why you are uncertain. Solve any issues you come across, or change the plan to something you are confident you can achieve.

Taking action

Once you have your action plan in place, let your family or friends know. Ask them to check in with you over the week. Take notes about your experience and keep track of your progress. Even if you have setbacks, over the course of a week you should see progress. If you struggled to complete your action plan, do some problem solving to see what happened.

After our big January snowfall, this smiling (and double sided) snowman was beautifully sculpted by Mitchell Webster of Worldview Studio on Blackburn Avenue. We’re waiting for the next big snow, Mitchell!
A summary of recent IMAGE restaurant reviews and food features. Please send news of your recent Sandy Hill food discoveries to image22@rogers.com.

Jerk Grill Cafe, 320 Willbrod St.
The Jerk Grill Cafe closed its doors in early January, only a couple of months after its grand opening, so this perenni-
ally-changing restaurant space is sitting empty once again. The cafe’s catering services are still available, however; contact jerkgrill@hotmail.com if you have a gathering coming up that could benefit from some Jamaican flavours. Their cocktail-sized patties with savoury fillings make for wonderful finger food.

Photos Paula Kelsall
Owner. (See p. 1.)

building, along with Leanne Moussa and others in the corporation which is the new paths with Fizza Kulvi (pictured above), who is helping develop new programs for the realities of winter in Ottawa. Our poshest neighbour-
bourhood coffee shop is open for dinner from Tuesday-Saturday and for lunch Tuesday-Friday.

T.A.N. Coffee, 317 Willbrod St.
Many neighbourhood coffee con-
noisseurs are mourning the loss of their home away from home since TAN closed its doors in December. There’s no word yet on the future of the coffee shop, but its fans are all hoping that the friendly crew from TAN will land on their feet and find a new space worthy of their community-build-
ing talents.

Photo Dodi Newman

Kothu Rotti, 408 Dalhousie St.
For abundant deliciousness on a budget, it’s hard to beat Kothu Rotti’s Sri Lankan take-out lunch and dinner specials, at $6.99. The vegetarian combo includes rice, raita, poppadom and your choice of three curries. Be sure to try the richly sauced green beans. Portions are gener-
ous enough to make a perfectly satisfy-
ing lunch for two, but you’ll probably want to wolf it all down by yourself. Open Monday-Friday for lunch and diner; weekends for dinner only.

Rideau Bakery, 384 Rideau St.
The frosting specialist at the Rideau Bakery has pulled out all the stops this year, with a series of Winterlude-themed sugar cookies. At $3.00 each (tax in-
cluded), they’d make a splashy little gift, and are more than large enough to share. See photo, page 1.

Signatures, 453 Laurier Ave. East
From the 12th to the 14th of February, Signatures is offering a special Valen-
tine’s Day menu for $89, opening with a Champs Elysees Signatures cocktail to which you away from the realities of winter in Ottawa. Our poshest neigh-
bourhood coffee shop is open for dinner from Tuesday-Saturday and for lunch Tuesday-Friday.

Tired of the same old winter flavours?

Use citrus brighteners

Dodi Newman

A
fter a winter in which I ate spin-
ach and broccoli more often than I care to remember, I can hardly wait for the first locally grown vegeta-
bles. Until they appear in our markets, brighten up your meals with sparkling citrus flavours. Not only are citrus fruits good for you, with all that Vitamin C, they never fail to refresh our taste buds and add zest to the most humdrum foods. A few cases in point:

Avocado halves sprinkled with lime juice and filled with shellfish make a first-
class appetizer.

A citrusy salad inspired by Steven Raichlen’s “Miami Spice” cookbook: per serving, top a generous amount of young salad greens with two or three slices of peeled blood orange, add four or five red onion rings, dress with a balsamic vin-
egar, olive oil, salt and pepper.

My old standby, grated carrot and apple salad dressed with grapefruit juice (see Oct./Nov. 2011 IMAGE, p. 14; or, home. imagesandyhill.org/ and choose 2011-4 from the Archives.)

You can even use the leaves of a citrus tree, as in as in the “Rich Prawn Curry” by Nigel Slater, found here: www.bbc.co.uk/food/recipes/rich_prawn_curry_98414. I use sweet and tender medium shrimp. Mangetout is the British term for snow peas.

Cauliflower with lemon zest and capers

Serves 4 to 6
1 medium head cauliflower, cut into bite-
sized florets, trunk and large stems dis-
carded
3 tablespoons olive oil
1 large clove garlic, minced finely
2 tablespoons capers, finely chopped
1/2 lemon, the zest only, or more to taste
2 tablespoons finely chopped fresh pars-
ley
Serves 4 to 6
One of my favourite recipes is based on a recipe by Paola Scaravelli in her book “Cooking from an Italian Garden.” Even people who find cauliflower just too bor-
ing for words find they like it this way:

Begin the road to Calvary with us.

picture above), who is helping develop new programs for the building, along with Leanne Moussa and others in the corporation which is the new owner. (See p. 1.)

Faulconer Auditorium
St Paul's United Church
210 Wilbrod Street,
Ottawa
613.234.0321
www.stpaulotawa.org

Begin the road to Calvary with us.
For children/Pour enfants
Family Storytime / Contes en famille
Tuesdays at 10:30 am, Feb. 16 and
March 29 to May 24. Stories, rhymes
and songs for children of all ages and a
parent or caregiver. Drop in.

PD Day Crafternoon! / Journée pé-
dagogique, vite là la bibliothèque!
Drop by the library for an afternoon
of crafts on PD Day! Friday, February 12,
2-3 pm. Ages 7–12. Drop in / Viens à
la bibliothèque pour un après-midi de
bricolage lors de la journée pédagogique!
Le vendredi 12 février, de 14 h à 15 h.
Pour les 7 à 12 ans. Inscription non
prise.

Full S.T.E.A.M Ahead! / March
Break Programs
Visit the library for fun science-
& tech-themed programs this March
Break!
Monday, March 14, Where the Wild
Tuesday, March 15, Machines at work,
10:30–11:00. Ages 6 and under.
Tuesday, March 15, January Events, 2–3
pm. Ages 10–12. Drop in.
Wednesday, March 16, Colour Your
World, 10:30–11:00. Ages 4–6. En-
glish only. Drop in.
Wednesday, March 16, Toy Factory,
1:30–3:15 pm. Ages 7–12. Registra-
tion required.
Thursday, March 17, Sensory Over-
load!, 2–3 pm. Ages 7–9. English only.
Drop in.
Friday, March 17, Intro to Robotics
and Programming, 2–3 pm. Ages
4–10. English only. Drop in.

For adults/Pour adultes
Pen and paper writing group
Tuesdays at 6:30 pm
Get feedback on your writing (any
genre) and ideas from the group.
They'll work with other writers and
offer your feedback. Discuss issues about
writing and publishing. Share your
triumphs, trials and tribulations with a supportive,
informal group.
Groupe de lecture Mlle feuilles
le mercredi à 18 h
Le 17 février – Une ville lointaine de Maurice
Henriet
Le 30 mars – Une vie entre deux océans de
M.L. Stedman

Morning book club
March 17 – The Paper Gardens by
Malcolm Peacock

Evening book club
Monthly on Mondays at 7 pm.
Drop-in.
March 7 – The Gathering, by Anne
Enright
April 4 – The Twin, by Gerbrand Bakker
A Syrian support group grows in Sandy Hill... While many Sandy Hill residents are involved in sponsorship projects for Syrian refugees, this group has a special connection with the neighbourhood and IMAGE. Abdulrahman, the man on the right, a Syrian graduate student at Carleton University, contacted Alan Humphreys (the tall fellow, in the back) after reading Alan’s letter in last October’s IMAGE, and the result is the effort you read about in Larry Newman’s story on page 6. St Paul’s-Eastern church, Bettye Hyde Cooperative and Faith House are other Sandy Hill groups helping with this project. Above, from left to right are the core group of Kelly McRae, Jerry Fortier, Michael Slavitch, Cathryn Fortier, Alan Humphreys, Dodi Newman, Shelley Cruise, Larry Newman, Alison Thompson, Abdulrahman al Masri.